

Full Report (All Nutrients) 09077, Crabapples, raw

Report Date: June 30, 2017 00:44 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:8% Refuse Description: Core and stems

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 110g
Proximates					
Water	g	78.94	1	--	86.83
Energy	kcal	76	--	--	84
Energy	kJ	318	--	--	350
Protein	g	0.40	--	--	0.44
Total lipid (fat)	g	0.30	--	--	0.33
Ash	g	0.42	3	0.053	0.46
Carbohydrate, by difference	g	19.95	--	--	21.95
Minerals					
Calcium, Ca	mg	18	3	4.373	20
Iron, Fe	mg	0.36	3	0.065	0.40
Magnesium, Mg	mg	7	3	0.279	8
Phosphorus, P	mg	15	3	4.093	16
Potassium, K	mg	194	3	23.536	213
Sodium, Na	mg	1	3	0.170	1
Copper, Cu	mg	0.067	3	0.011	0.074
Manganese, Mn	mg	0.115	3	0.025	0.127
Vitamins					
Vitamin C, total ascorbic acid	mg	8.0	--	--	8.8
Thiamin	mg	0.030	--	--	0.033
Riboflavin	mg	0.020	--	--	0.022
Niacin	mg	0.100	--	--	0.110

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 110g
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	2
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	40	--	--	44
Lipids					
Fatty acids, total saturated	g	0.048	--	--	0.053
12:0	g	0.001	--	--	0.001
14:0	g	0.001	--	--	0.001
16:0	g	0.040	--	--	0.044
18:0	g	0.006	--	--	0.007
Fatty acids, total monounsaturated	g	0.012	--	--	0.013
16:1 undifferentiated	g	0.001	--	--	0.001
18:1 undifferentiated	g	0.011	--	--	0.012
Fatty acids, total polyunsaturated	g	0.088	--	--	0.097
18:2 undifferentiated	g	0.073	--	--	0.080
18:3 undifferentiated	g	0.015	--	--	0.017
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.004	--	--	0.004
Threonine	g	0.014	--	--	0.015
Isoleucine	g	0.016	--	--	0.018
Leucine	g	0.025	--	--	0.028
Lysine	g	0.025	--	--	0.028
Methionine	g	0.004	--	--	0.004
Cystine	g	0.005	--	--	0.006
Phenylalanine	g	0.011	--	--	0.012
Tyrosine	g	0.008	--	--	0.009
Valine	g	0.019	--	--	0.021
Arginine	g	0.013	--	--	0.014
Histidine	g	0.006	--	--	0.007
Alanine	g	0.014	--	--	0.015
Aspartic acid	g	0.070	--	--	0.077

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 110g
Glutamic acid	g	0.042	--	--	0.046
Glycine	g	0.016	--	--	0.018
Proline	g	0.014	--	--	0.015
Serine	g	0.016	--	--	0.018
Other					